

2009/2010  
Poway High School Girls Soccer  
Team Rules

*The Road to Success*

1. You are a member of an intra-scholastic competitive Girls Soccer team. You must be dedicated to Poway High School, to the athletic program, the coaching staff and all your teammates.
2. Your greatest goal should be team performance and personal improvement.
3. Cooperation with everyone involved in the Poway High School Girls Soccer program is expected. If we want to reach our potential as champions it is imperative that we work together.
4. Team Loyalty keeps the team moving in the direction of success. Criticism of any teammate will stop us cold and is never acceptable.
5. Team Pride comes from watching each and every athlete improve as a competitive player and seeing the team work together towards success.
6. Our Team Captains are your communicators. Please discuss any plans or problems, involving your team, with them.
7. If we work together as a team we improve both as a team and as individuals.
8. Dedication to do your best comes through hard work and commitment. What we ask of you is what we ask of ourselves, to give 100% effort in everything you do. We can only reach our best by working together.

## Rules for Each and Every Poway Girls Soccer Player

1. All athletes must know and obey each and every rule as stated in the Poway High School Athletic Handbook. Pay special attention to Rules II and III. If you miss a practice, you must inform your Coach. All coaches will provide a phone number or email where they can be reached.
2. If you have to stay for tutorial or detention, you come to practice as quickly as possible with a note in hand. Athletic Department Rule IV.
3. Be on Time! All athletes will participate in the daily stretching routine. If needed, you will be sent to the Athletic Trainer for an injury evaluation.
4. The coaching staff will determine, from the Athletic Trainers evaluation, if you should continue your workout. In some rare cases, you might be asked to go home and study and get well. Never leave any part of practice without the permission of your coach.
5. All athletes should report to all practices in appropriate workout gear; shorts, practice tee and shin guards. Note, some of the practices are in the evening and athletes should bring sweatshirts and pants to pull on after practice.
6. If you miss a practice session, without informing your coach before, you may not start or play in the next competition.
7. Any unexcused absences from a practice session will result in sitting out portions of the next soccer game.
8. Poway High School Intrасhоlаstіс Athlеtісs wіll tаkе рrесedent оvеr аll оutѕіdе асtіvіtіеs. Thоѕе wһо wіѕh tо раrtісіраtе іn оthеr ѕроrts durіng the ѕоссer ѕеаѕоn MUST hаvе а ѕіgnеd duаl ѕроrt соntrасt оn fіlе.
9. I ask of you, is what I ask of everyone involved in Poway Girls Soccer, you must give a 100% in everything you do.

**GO POWAY TITANS**